

LONG ISLAND LADIES SOCCER LEAGUE RULES & REGULATIONS

Revised July 1, 2023

All team representatives are required to carry a copy of the Rules & Regulations to all league games.

OBJECTIVE: The LILSL provides the opportunity for women 26 years of age and older in the Over 26 Division, 40 years of age and older in the Over 40 Division, and 18 years of age and over in the Open Division to play in an organized league situation.

THE RULES OF PLAY SHALL BE THE "LAWS OF THE GAME" as published by FIFA, with SPECIFIC MODIFICATIONS as follows:

PARTICIPATION AND PLAYER PASSES:

1. All players must be of age within the calendar year of the season for which they are registering for the Over 26 and over 40 divisions. Players must be 18 years old prior to registering for the open Division. No one under the age of 18 can play within the league during any season (spring, summer or fall) or Tournament (Summer/Winter).
 2. Each participant must have a pass in order to play. All passes must indicate the exact player and team as specified on the online roster.
 - a. A printed pass indicates the legality of the player and certifies that the team and LILSL have verified the proper age of the player. Passes will change each season.
 - b. All new players must register on line and send a copy of their Driver's License or other valid photo I.D. to the registrar at registrar@liladiesoccer.com
 - c. Any team found to be playing with an underage and/or illegally registered player will forfeit all scheduled games for that season whether they have been played or not with a 1-0 win awarded to the opposing teams.
 - d. A defaced pass will not be accepted.
 - e. Any party/player who commences and pursues any lawsuit against Long Island Ladies Soccer League will **not be eligible** to play on any roster (Open, Over 26 or Over 40) in the league.
 3. All passes for participating players must be presented to the referee prior to the start of the game along with a printed game roster.
 4. The opposing team may request THROUGH THE REFEREE to examine a player's pass. No other proof of age is required NOR MAY BE REQUESTED at the field. Further inquiries should be directed to the Division Coordinator for league follow-up.
 5. A team may add players to their roster at any time during the season.
 6. Once a player has paid there will be no refunds or credits given by the league
- 9/11/2015

TEAM REPRESENTATIVES:

1. Legal spokespersons for their team and represent their team in all LILSL matters regarding Rules, Regulations and By Laws.
2. Each team must have 2 representatives and both names should appear on the online roster.
3. Each team must register and pay for a minimum of twelve (12) players by the date prescribed by the League Registrar to ensure they are included in the schedule for the season. After that date, teams may be ineligible to play in the upcoming season.
4. Must carry a copy of the rules to all games for ready reference should any questions or problems arise.
5. Teams must send 1 representative to every scheduled league meeting. ONE representative may vote on issues as required.
 - a. Special Meetings will be called on occasion.
6. All contact must be made by contacting the opposing team representative directly. If you do not receive a response by Thursday prior to the game, you must contact your Division Coordinator.
7. Must call or email in scores (in case of a win or tie), injuries, yellow or red cards into the Division Coordinator by 9:00 p.m. Sunday night (or the evening of the game if not played on Sunday).

ROSTERS:

1. A team may register an unlimited number of players, with a minimum of 12.
2. Only 21 players may appear in uniform at any one game.
3. These 21 players must be listed on the official game roster that is pre-populated on line before each game.
4. Official game roster forms (2) will be printed from the Manager team page on the LILSL website.
5. 2 rosters must be presented to the referee prior to each game.
6. Failure to present a roster will result in a forfeit. The score will be 1-0 for the opposing team.
7. Prior to start of game, the referee must be notified of late arriving players. For late arriving players the pass must be presented to the referee before the player enters the field of play.
8. If you do not submit a ref evaluation you will be unable to print you game roster for the following game.

PLAYING DATES, SCHEDULE TIMES AND FIELD AVAILABILITY:

1. All games must be played on the dates scheduled. The scheduled starting time is 4:00 p.m. during Daylight Savings Time. After Daylight Savings, games should start at 3:00 p.m.
2. A team can ask to change the game time up to a week prior to the schedule game as long as they notify the other team, the division coordinator and referee scheduler and the other team agrees to the change.
3. The league will not schedule games on Mother's Day.

UNIFORMS

1. All players must be uniform in appearance.
2. Shirts must match in color and be numbered differently corresponding to the roster submitted prior to each game.
3. In case of cold or inclement weather additional clothing may be worn, at the referee's discretion.
4. Shorts do not have to be exactly the same. (Styles and lengths may vary; colors must be the same).
5. All players on the same team must have matching color socks that are to be worn over the shin guards.
6. Bicycle shorts may be worn extending below the length of the regulation shorts.
7. Only regulation soccer cleats or turf shoes may be worn. Sneakers are not acceptable.

EQUIPMENT:

1. League rules specifically forbid the wearing of any special equipment or clothing that may constitute a DANGER TO ANOTHER PLAYER.
 - a. The referee will have final and only decision concerning the potential danger of equipment and orthopedic devices. Any player wearing an orthopedic device must have it wrapped with the manufacturers sleeve, or 1/2 "of foam rubber. Any player found to be using an orthopedic device in a dangerous manner will be ejected from the game. Team Representatives have the right to ask a Referee to check such devices for their safety. If the referee rules that there is no danger, the player will be permitted to play.
 - b. No cast, protective head gear, jewelry, barrettes, hairpins are allowed.
 - c. Players are permitted to wear protective rubber helmets as approved by FIFA.
 - d. Rings or other jewelry that cannot be removed must be covered by tape.

INSURANCE:

1. LILSL provides secondary medical insurance for it member players as well as insurance to satisfy field owners, municipalities and school districts. If a certificate is required for the purpose of obtaining a field, contact the league Administrator responsible for insurance.
2. Should an injury occur during a game, the Insurance Administrator and Division Coordinator must be notified. The team rep must fill out and submit an injury report form within 24 hours of the game to the insurance administrator and the division coordinator.
 - a. It is suggested that pregnant women not participate in LILSL games.

- b. The player assumes all risks, responsibility for loss, damage or injury to herself while engaged as a player for the team or in using the property and facilities of the team whether such loss, damages or injury be occasioned by the team, its agents or otherwise. This league waives any and all claims for damages and costs arising from such loss, damage or injury.

GAME DETAILS: Home Team

1. Provides regulation soccer field a minimum of 50 x 100 yards, complete with markings, nets and corner flags (5 feet high).
2. Provides two properly inflated No. 5 soccer balls (in good condition).
 - a. Changes shirts if there is a color conflict.
 - b. Responsible for receiving confirmation, name and phone number from the assigned referee.
 - c. If confirmation is not received by 9:00 p.m. Thursday, the Referee Scheduler MUST be called at that time.
 - d. If the home team fails to contact the Referee Scheduler as above, the home team not confirming will forfeit one point in the standings.
3. In case of inclement weather or unforeseen changes, notifies the assigned referee.
4. Checks that any game preceding theirs on their field is scheduled to finish prior to game time.
5. Pays half the referee fee in cash prior to game start.
6. Assumes responsibility for crowd control and respect towards the referee. If an unruly spectator is asked to leave, a \$25.00 fine will be assessed and must be paid prior to the start of the next scheduled game, under penalty of forfeit. If the unruly spectator refuses to leave the field it is the team representative's responsibility to remove said spectator before the game will continue. If not the offending team will forfeit.
7. It is suggested to provide a lines person over the age of 12.
8. Checks the field for playable conditions 3 hours prior to scheduled game time.

Both Teams

1. Team reps from both, home and away teams need to confirm by Wednesday, the field location, obtain directions, and uniform colors.

Visiting Team

1. Pays half the referee fee in cash prior to start of game start.
2. Visiting team must take up a position on the opposite side of the field. Home team will choose side first.
3. Insures proper conduct of spectators accompanying the team. If any unruly spectator is asked to leave, a \$25.00 fine will be assessed and must be paid prior to the start of the next scheduled game, under penalty of forfeit. If the unruly spectator refuses to leave the field it is the team representative's responsibility to remove said spectator before the game will continue. If not, the offending team will forfeit.
4. It is suggested to provide a lines person over the age of 12 years.

Note: If lightning occurs during a game, the referee must stop the game and wait 20 minutes before calling the game. All players should wait in their cars or other safe area to see if conditions will allow the game to continue. A game is considered to be official if three quarters of the game is complete and it is called for inclement weather or darkness. Ending the game is solely at the discretion of the referee. If the game is suspended, it is subject to the rules applied to a rain out.

GAME LENGTH:

1. In the Over 26 and Over 40 Divisions the game will be two (2) equal halves of forty (40) minutes each. In the Open Division, the game will be two (2) equal halves of forty-five (45) minutes. Any game that has played $\frac{3}{4}$ of it's agreed upon time, for any unforeseen reasons shall be considered complete. (Example $2 \times 45 - \frac{3}{4} = 67.5$ min. $2 \times 40 - \frac{3}{4} = 60$ min. $2 \times 35 - \frac{3}{4} = 52 - \frac{1}{2}$ min. $2 \times 30 - \frac{3}{4} = 45$ min.)
2. After Daylight Savings goes into effect or in the event of bad weather conditions, the length of the halves may be reduced but must remain equal.
3. This must be decided before the start of the game and agreed upon by both teams and the referee.

POINT SYSTEM, STANDINGS AND TIE-BREAKERS:

Over 26 & Over 40	
Win	3 points
Tie	2 points
Loss	1 point
Forfeit	0 points
Open Division	
Win	3 points
Tie	1 point
Loss	0 points
Forfeit	0 points

In the event of a tie based on total points within a division for a season, position will be determined as follows:

1. Head-to-Head record. This is disregarded if more than two teams are tied.
2. Most Wins
3. Least Losses
4. Least Goals Against.
5. If a tie still exists, then a playoff game is played.
 - a. Playoff game to determine first place must be played within a week of the last game.
 - b. Home team will be determined by a coin toss.
 - c. If home team cannot provide a home field in a timely fashion, the game will be played at the opponent's field.
6. Goals scored will not be used to determine division standings.

RULES OF THE GAME:

1. Protection - Women are allowed to protect the chest area by use of their arms. The arms, however, must remain still and not direct the ball or a hand ball will be called. Hands must remain flush with the body.
2. A field player cannot pass back to their goalie who handles it with hands (all divisions). If she does so, an indirect kick will be awarded.
3. A player must leave the field and receive medical attention if she is bleeding. The player may be substituted for at this point. However, if the team does not wish to substitute, the injured player may enter the game with the permission of the referee. If the injured player was substituted for, she must wait for the next normal substitution to reenter. The exception to this rule would be made only for the goalkeeper unless seriously injured and, in the opinion of the referee, should be removed from the field for medical treatment.
4. If a player is hurt and requires assistance from the sideline from either a player, coach or a spectator, that player must leave the field of play. The player may be substituted for at this point. However, if the team does not wish to substitute, the injured player may enter the game with the permission of the referee. If the injured player was substituted for, she must wait for the next normal substitution to reenter. The exception to this rule would be made only for the goalkeeper unless seriously injured and, in the opinion of the referee, should be removed from the field for medical treatment.
5. On a goal kick, the ball may be kicked from anywhere in the goal area.
6. No slide tackles are allowed except for the goalie within the penalty box, with the exception of the Open Division where slide tackling is permitted.
 - a. Any player who slides to play a ball which is in possession of another player will be issued a red card carrying a one-game suspension for a slide tackle, with the exception of the Open Division where slide tackling is permitted.
 - b. At the discretion of the referee, a player who slides with one or both feet to play a ball may be issued a yellow card if the referee determines it constitutes a dangerous play.
7. Both teams are eligible to make substitutions at any stoppage of play
8. If a team is playing down, the late arriving player (or players) may enter the field at any stoppage of play, with the referee's permission.
9. New FIFA rules will not be enforced until approval by LILSL

REPORTING SCORES:

1. The winning team must report the score to their Division Coordinator by 9:00 p.m. the Saturday/Sunday night of the game, or the team will be penalized and lose 1 point in the standings.
2. In the event of a tie, both teams must call in the score. A team that does not call will lose 1 point in the standings.
3. In the event of a makeup game, the score must be reported by 9:00 p.m. the night of the game.

REFEREE EVALUATIONS:

1. All teams are required to complete a Referee Evaluation Form as provided by the league.
2. The evaluation form must be received by the Referee Scheduler prior to the next scheduled game or the game roster for the following week will not be able to be printed.
3. Any team with outstanding, unpaid fines prior to registration for the subsequent season will not be permitted to register until those fines are paid in full.

REFEREES:

1. Have full authority over the game within the rules of the LILSL.
2. In the event the referee calls the game prior to the start of the game because he deems the field unplayable, the referee should be offered \$10.00 (\$5.00 per team) for travel expenses.
3. If the scheduled referee does not appear for the game within 30 minutes of the scheduled start time and the home team has met its obligation, the two teams will attempt to select an adult referee (person over 18 years). (Note: See "Home Team".)
 - a. It is recommended that one referee be used for the entire game, but the responsibility may be shared by the teams, if agreed upon prior to game start.
 - b. If the visiting team cannot provide a referee, the home team will be responsible for trying to provide one.
 - c. If the scheduled referee appears after 30 minutes and play has begun with a substitute referee you are under no obligation to stop the game and switch referees or to pay the scheduled referee his fee.
4. The game must be played as scheduled, provided both teams agree on a referee.
5. If agreement cannot be reached, a makeup game must be scheduled in accordance with makeup provisions.
6. Referee's fees should be offered to anyone assuming those responsibilities. The person officiating should be viewed as a referee with all the allowed powers.
7. Teams are not permitted to arrange for referees on their own for either scheduled or makeup games.
8. The referee fee will be determined by the league prior to the start of the season.

PLAYER/COACH CONDUCT: Players and coaches are bound by the following:

1. A caution may be indicated by a yellow or red card (A caution is a warning directed to a player or coach for a violation of the laws of the game).
 - a. Yellow Cards:
 - i. A player receiving a yellow card must leave the field of play until the next dead ball. The carded player may be substituted for.
 - ii. If a player persists in misconduct after receiving a yellow card, the most severe penalty is applied; i.e. ejection from the game.
 - iii. If a player accumulates three (3) yellow cards within a single season, an automatic two (2)-game suspension occurs. Following the second yellow card, a warning will be issued by the Rules and Regulation Administrator.
 - iv. If suspension becomes necessary with the third yellow card occurring with less than two (2) games remaining in the season, the suspension will be carried over into the next season.
 - b. Red Cards:
 - i. When a player or coach receives a red card, they must immediately leave the field and may not return for any reason. A suspended player or coach is not

permitted to participate in any manner whatsoever in any activity at the site of a game or areas immediately adjacent to the field. This applies for the length of the suspension, and failure to comply with this rule will result in further disciplinary action.

- ii. An ejection from the game will be indicated by a red card.
 - iii. A coach or player who receives a red card is suspended until the League Arbitration Committee investigates the situation. A red card is an automatic two (2)-game suspension—except for slide tackles, which is a (1) one-game suspension.
 - iv. Any player/coach receiving a red card for a physical altercation will receive an automatic five (5) game suspension.
 - v. The Arbitration Committee will decide on any action and make a final disposition of the matter.
 - vi. The team rep of the red carded player will call the division coordinator to report the player. The referee will also report the player to the referee scheduler. The referee scheduler will report the incident to the league. The player will be coded as ineligible by the league registrar and will not appear on the game roster until the suspension is completed.
 - vii. Any player receiving a red card and who plays in both the Over 26 and the Over 40 Divisions will serve that suspension in the division in which the red card was issued only.
 - viii. A player or coach who strikes a referee will automatically be suspended for no less than two (2) seasons (including the current season).
2. Chairperson of the Rules and Regulations Committee, in conjunction with the President and the Referee Scheduler, will oversee all conduct of players/teams/coaches during the season. Any player/team/coach who demonstrates consistent and/or severe behavior that violates the rules of the league or the guidelines of good sportsmanship will be brought to the attention of the Board of Directors for review and possible disciplinary action.

The LILSL Board of Directors **WILL NOT TOLERATE, dangerous, violent, racial remarks or abusive behavior** by any player/team/coach. The Board reserves the right to intercede in order to insure a safe playing environment.

RAIN OUTS:

1. Games will not be cancelled due to inclement weather; only unplayable fields.
 - a. Under severe weather conditions only the LILSL President has the authority to cancel all scheduled league games for a given date, declaring a League Rain Out.
 - i. In this event, the LILSL President will notify the Division Coordinators, who will notify the team representatives no less than three (3) hours prior to game time.
 - ii. A League Rain Out will be played on the date designated for such purpose on the original season schedule, but may be inserted in the schedule prior to any scheduled playoff games.
2. The home team must call the scheduled referee and the visiting team representative at least three (3) hours before game time to report their field to be unplayable. **DIRECT CONTACT MUST BE MADE** – No voice mail, email or third party message are acceptable.
 - a. The visiting team may request written proof of any unplayable field where feasible.
 - b. If the visiting team cannot be contacted, both teams must be at the field at the scheduled game time and have the number of uniformed players required to field a team.
3. Games not called three (3) hours before game time will be at the discretion of the referee.
 - a. Both teams must be at the field and have the number of uniformed players required to field a team, under penalty of forfeit.
4. If the referee cannot be contacted, a representative of the home team must go to the field to inform the referee of the cancellation and offer \$10.00 for travel expenses.

5. If field usage is determined by an outside agent (e.g. Parks Commissioner), their decision must be complied with. However, the home team should make every effort to communicate with the outside agent early enough to avoid inconveniencing the opposing team and the referee.
6. If the game has not been cancelled as described above, the home team is responsible for having the field ready to play at game time (unless the referee has indicated otherwise), under penalty of forfeit.
7. If the referee declares that the field is unplayable, both teams should immediately arrange jointly a makeup date and time.
 - a. It is suggested that both teams try to agree to a different date and time to reschedule the game while the field is being declared unplayable.

MAKEUP GAMES:

1. In the event of a rain out or any other game required to be replayed, the game must be played prior to the last game of the season.
 - a. In extreme circumstances when weather is a problem, the League will have the option to extend makeup's to be played the week following the last game.
2. The home team must provide two (2) different dates and two (2) different start times (at least three (3) hours different), and the two (2) days must be two (2) different days of the week.
 - a. If the home team cannot provide dates and times as proposed, the visiting team may suggest a different time and date at their field.
 - b. If teams cannot agree, then the Division Coordinator will assign a date and time.
3. If a rain out occurs two (2) consecutive weeks, the games must be played prior to the last game of the season.
 - a. The selection of dates and times follow the above outlined procedure.

COMPLAINTS:

1. Any team or player finding it necessary to register a complaint against another team regarding their behavior on the field may do so by emailing a complaint letter to the Rules and Regulations Administrator.
2. Three (3) letters of complaint against any one (1) team or any individual in any one (1) season will initiate an investigation by the Rules & Regulations Administrator and the Board to determine disciplinary action, if any.
3. All complaints will be reviewed by the Board and further action may be taken.

FORFEITS:

1. If either team fails to comply with League rules, the game will be declared a forfeit.
2. Forfeits declared after the start of a game are determined by the referee in accordance with FIFA rules and will be dealt with accordingly.
3. The forfeiting team will assume the entire referee's fee in cash for that game.
4. Should a situation arise that is in conflict with League rules and cannot be resolved by the teams and/or the referee, a request must be made to the Division Coordinator by 9:00 P.M. on the day of the game. If the forfeiting team has not paid the referee, his entire fee must be sent and received by the Referee Scheduler prior to the next scheduled game or said team will forfeit all games until such time as the fee is received.
5. If a team knows in advance that it will be unable to play a game for any reason, and they wish to forfeit the game in advance, they may do so by calling the Referee Scheduler, the Referee and the Division Coordinator no later than 6:00 p.m. on the day prior to the scheduled game. If the Referee scheduler is notified after 6 p.m. on the day prior to the scheduled game the forfeiting team is responsible for paying the entire referee fee. Any team forfeiting 24-48 hours prior to a game (6 p.m.) is responsible for ½ the referee fee. If you call prior to that, there is no payment necessary (i.e. before Friday at 6pm for a Sunday Game, or prior to Thursday for a Saturday game).
6. The team forfeiting must call the Referee Scheduler and the opposing team representative to confirm the forfeit.
7. The score for the forfeit will be registered as 1-0. This game CANNOT be replayed at a later date.
8. Contact must be made directly to team representatives. If a response is not received, you must contact your Division Coordinator.
 - a. Any team forfeiting a game is responsible to pay up to \$100.00 of restitution of field fees, if applicable, to the home team. In addition to any applicable field fee/restitutions, any team forfeiting a game for the second [2nd] time will be fined \$75.00 by the league and lose a point in the standings.
 - b. Further forfeits will result in an additional fine in increments of \$25.00 (i.e. A third [3rd] forfeit in a season will cost the forfeiting team \$100.00 in forfeiting fees and up to \$100 in field restitution if applicable).
9. Serious infractions to the rules can result in a fine or forfeit as determined by the Arbitration Committee.
10. A fifteen (15) minute grace period will be allotted for the following reasons:

- a. Team has less than 7 players present.
 - b. A team does not have their passes at the field.
 - c. At 15 minutes past scheduled game time, if either requirement has not been met, a forfeit will be declared with a win awarded to the opposing team. The referee will start the potential forfeited game with a kick-off, then blow the whistle declaring the game a forfeit with a score 1-0.
 - d. The forfeiting team is responsible for the entire referee fee.
11. If a referee fee or league fine is not paid prior to the next scheduled game, that team will forfeit each and every game until all fees are paid.

PROTESTS:

1. All protests must be submitted in writing and in duplicate to the Rules & Regulations Administrator with a \$25.00 check made payable to the LILSL. Protests must be reported to the Chairperson of the Arbitration Committee within forty eight (48) hours of the game in dispute.
2. Only violations of the laws of the game are eligible for protest; judgment calls made by the referee are final.
3. An Arbitration Committee member is excused from the protest meeting if his/her team is a party to the protest, or the player is personally involved with the protest in question.

APPEALS:

1. To appeal an Arbitration Committee decision, the appealing team must submit a request in writing along with a \$35.00 check made payable to the LILSL. This appeal must be sent to the League Vice President, the Secretary, the President, Chairperson of the Arbitration Committee and the opposing team.
2. These five (5) letters of appeal must be received by these persons within five (5) business days of the Arbitration Committee decision. If not received within five (5) business days, the appeal will not be valid nor heard.
3. Appeals Hearing decisions will be made within five (5) days of notice of appeal and communicated to the appropriate team representatives.
4. Any Board member involved in the decision in which the appealing team resides will not serve on said appeals committee.

FINES:

1. The Arbitration Committee has the power to impose monetary fines and/or penalties when deemed necessary in accordance with the LILSL Rules & Regulations.

PLAY-OFF INFORMATION

Finals